Cheers for Peers

STRIVING TO EAT LOW-FAT AND HEALTHY CAN BE A LONELY PURSUIT. Your friends and family may want to help, but sometimes they don't know how. Enter your WHI Dietary Change group. The women in your group who are achieving their WHI goals are successful models for your continued efforts.

Your Dietary Change group can help you with your eating goals in a number of ways:

- You become more accountable than if you were pursuing goals on your own. You might be reminded your part in WHI is important to the study as a whole.
- Ideas and information can come from your group. Meetings are a great opportunity to share triumphs and struggles.
- You may rely on the supportive environment and words of encouragement that come from group members and leaders. These women want you to accomplish your goals and can offer support and solutions.

Here are some common reasons that make attending group sessions more difficult and some potential solutions:

- "Life's gotten too busy." Take some time to re-think your goals and re-prioritize how your time is spent. The commitment you've made to WHI is extremely important and valued.
- "Now that we're meeting less, I forget to go." Put the meeting dates on your calendar and, if necessary, ask a group member or your nutritionist to give you a reminder call.
- "Bad weather makes it hard to get to my clinic." Some clinics have phone lines to inform participants of meeting cancellations due to the weather. Ask your clinic for ideas if safe transportation is an issue. We want to see you, but we also want you to be safe!
- "Some of the group members annoy me." In groups, there will always be people you enjoy or relate to more than others. However, if you feel very uncomfortable with your group members, explain your concerns to your nutritionist and together you may be able to find a solution.
- "I know all about eating low-fat now. Why do we need to keep meeting?" Without the reminders you'll receive at the sessions, research shows that you may eventually fall away from the eating plan. Over time, your servings may increase and more fats and oils may slip into your diet. New information and products are presented at every session, so there's always more to learn!

It is very reassuring to know that your group members have made sacrifices to stick with their eating plan, that their struggles are your struggles, and that none of you is alone.
Back on Track

There was a time when Valerie Summers had too many balls in the air: tutoring schoolchildren, tending to a terminally ill sibling, mentoring African-American girls, participating in a WHI Dietary Change group, working full-time, and serving as president of a community organization. Something had to give, and it was Valerie’s involvement in WHI: “I was really busy and dealing with my brother’s illness, but a major part was that once something becomes routine, you really have to be committed to keep doing it. I reached a point where it [the WHI eating plan] wasn’t as interesting to me, and it went further down on the scale of importance.”

With the exception of her brother’s illness, Valerie’s life was nearly as full when she first signed up for the study at the WHI Clinical Center in Evanston, Illinois. However, with her long-standing interest in women’s health and rights, she was excited to join. “I was fascinated with the topic,” Valerie recalls, “because I absolutely did not know how much fat I was eating. I was thinking, ‘Do I want to take on one more thing?’ but I’m used to juggling a lot of things and I decided that I was interested enough to fit it in my schedule.”

Despite her great intentions, life’s pressures made it difficult for Valerie to overcome old eating habits, meet with her Dietary Change group, and record her fat intake. “Gradually, I went back to making food an easy part of my life,” she explains. “I started skipping meetings and not making them up. I’d put aside my fat scan. I’d overload my system, which we do in times of stress, with foods that were not good for me. I felt guilty, but not guilty enough to change.”

Fortunately, Valerie’s nutritionist, Oehme Soule, never stopped calling the wayward participant for almost a year: “She would call and always say something encouraging like, ‘We would really like you to come back.’” Valerie says these calls did not make her feel pressured; rather, they helped her get back on track. “I’m not one to let go of commitments easily,” says Valerie firmly. “I felt a responsibility to Oehme and my group. So I thought, ‘I need to do better, pick up the ball,’ and that’s exactly what I did.”

Valerie’s resolve held firm during her husband’s recent hospital stay. She went to see him every day and despite the stressful times, managed to find low-fat foods to eat in the cafeteria. “I was happy about that,” she says. “It was an achievement.”

Though her activities have shifted a bit, Valerie is just as busy now as when her WHI involvement got off-track. So what’s made the difference? “I’m more resolved now,” she concedes. “I have to make time. In my plans for the week, I schedule time to complete the fat scans. It’s the same thing I had to do in the beginning.”

Her advice to others: “Find the time to remember why you joined the study. Your commitment to it isn’t enough when you’re stressed. It’s the ‘why’ and the benefits of the study that I talk to myself about the most. It’s for my health and my benefit.”
Couscous Salad

1-1/4 cups chicken broth, defatted
1 box (7 ounces) plain couscous
1/2 cup raisins
2 tablespoons crystallized ginger, finely chopped
1 teaspoon grated orange peel
1/2 teaspoon cumin
3 tablespoon seasoned rice vinegar, or plain rice vinegar mixed with
   1/2 teaspoon sugar
3 tablespoon orange juice
1 cup cucumber, peeled, chopped
1/4 cup green onion, thinly sliced
1/2 cup dried cranberries
2 cans (11 ounces each) mandarin oranges, drained
2 tablespoons salted, roasted almonds, chopped

Note: Be sure all your ingredients are measured out and ready to go before stirring the couscous into the broth.

Place the chicken broth in a covered 3-4 quart pan and bring to boil over high heat. Stir in couscous, raisins, ginger, orange peel, cranberries, and cumin; cover pan and remove from heat. Let stand until couscous absorbs liquid (about 5 minutes). With a fork, fluff the couscous and then stir in the seasoned rice vinegar, orange juice, cucumber, onion, and mandarin oranges.

Chill at least one hour. Before serving, fluff salad with fork and sprinkle almonds on top.

Makes 9 cups
Fat Gram: 1 gram per serving
Fruit/Vegetable Servings: 1 per serving
Grain Servings: 2/3 per serving
Recipe from: Seattle WHI Clinical Center
Moo Shu Turkey

8 low-fat flour tortillas (6-inch diameter)  
3 tablespoons hoisin sauce  
3/4 teaspoon sesame oil  
1 teaspoon olive oil  
8 ounces fresh mushrooms, sliced  
1/2 medium red pepper, thinly sliced  
2 teaspoons fresh ginger, peeled and grated  
2 cups leftover turkey (or chicken), shredded  
nonstick vegetable cooking spray  
2 tablespoons soy sauce  
3-4 green onions, thinly sliced  
1 small bag cabbage mix (about 4 cups)  
1 garlic clove, crushed

Warm tortillas as label directs. Meanwhile in a small bowl, mix hoisin sauce, soy sauce and sesame oil until smooth; set aside. Thinly slice the green onions; reserve half for garnish.

In a nonstick skillet, heat 1 teaspoon olive oil over medium-high heat. Add mushrooms and cook until all liquid evaporates and mushrooms are browned, about 8 minutes. Remove the mushrooms to a bowl.

Spray the same skillet with nonstick cooking spray. Then cook the cabbage mix, red pepper, and sliced onions for 3 minutes, stirring constantly. Add garlic and ginger; cook 1 minute longer, stirring constantly. Stir in shredded turkey, hoisin sauce mixture, and mushrooms; heat through.

To serve, spoon turkey mixture onto warm tortillas and roll up. Garnish with reserved green onions.

Makes about 4 servings  
(two tortillas per serving)  
Fat: 7 grams per serving  
Fruit/Vegetable Servings: 2-1/2 per serving  
Grain Servings: 2 per servings  
Recipe from: Good Housekeeping Low-Fat Recipes
Rate Your Eating Pattern

This quiz is a quick way for you to see how well you’re maintaining the WHI nutrition goals and getting variety in your low-fat meals. Circle the answer in the column that best represents how you ate during the past week.

<table>
<thead>
<tr>
<th>DURING THE PAST WEEK …</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 How many times per week did you eat regular cheese (include pizza, cheeseburgers, lasagna, tacos, nachos, etc.)?</td>
<td>Did not eat any or less than 1 time per week</td>
<td>1 to 2 times per week</td>
<td>3 or more times per week</td>
</tr>
<tr>
<td>2 How many times per week did you eat lean red meats (round steak, pork tenderloin, or luncheon meats with no more than 2 grams of fat per serving)?</td>
<td>Did not eat any or less than 1 time per week</td>
<td>1 to 3 times per week</td>
<td>5 or more times per week</td>
</tr>
<tr>
<td>3 If you ate ground meats, what kind of ground meat or poultry did you eat?</td>
<td>Did not eat any or used ground turkey breast</td>
<td>Diet lean or extra lean ground beef or ground turkey</td>
<td>Regular or lean ground beef</td>
</tr>
<tr>
<td>4 If you ate poultry, what did you eat?</td>
<td>Did not eat any or used light meat without skin</td>
<td>Light meat with skin or dark meat without skin</td>
<td>Dark meat with skin</td>
</tr>
<tr>
<td>5 How many times per week did you eat deep-fried foods (count fried fish, french fries, potato chips, etc.)?</td>
<td>Did not eat any</td>
<td>1 to 2 times per week</td>
<td>3 or more times per week</td>
</tr>
<tr>
<td>6 What did you spread on your sandwiches?</td>
<td>Nothing, fat-free mayonnaise or other fat-free spreads (e.g., mustard, etc.)</td>
<td>Light mayonnaise or light salad dressing (e.g., Light Miracle Whip, etc.)</td>
<td>Regular mayonnaise or regular salad dressing (e.g., Miracle Whip)</td>
</tr>
<tr>
<td>7 What did you put on your salads?</td>
<td>Nothing, fat-free salad dressings, or flavored vinegar</td>
<td>Low-fat salad dressings</td>
<td>Regular salad dressings</td>
</tr>
<tr>
<td>8 What did you put on your bread, toast, bagel, or English muffin?</td>
<td>Nothing, jam, jelly, honey, or fat-free margarine</td>
<td>Whipped butter or light margarine</td>
<td>Regular butter or margarine, or cream cheese</td>
</tr>
<tr>
<td>9 What did you use to pan-fry or sauté vegetables or other foods?</td>
<td>Water, non-stick cooking spray, broth or wine</td>
<td>Light margarine or whipped butter</td>
<td>Regular butter, margarine or vegetable oil</td>
</tr>
<tr>
<td>10 What did you eat as a snack?</td>
<td>Fruits or vegetables or non-fat dairy foods (e.g., non-fat yogurt)</td>
<td>Fat-free crackers Jell-O, low-fat yogurt, or fat-free cookies</td>
<td>Regular cookies, candy bars, pastry or nuts</td>
</tr>
</tbody>
</table>

Continued on page 4
RATE YOUR EATING PATTERN
Continued from page 3

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<tbody>
<tr>
<td>11 How many servings of fruit or 100% fruit juice did you eat/drink per day (one serving = one medium piece, 1/2 cup of fruit or 3/4 cup fruit juice)?</td>
<td>3 or more servings per day</td>
<td>1 to 2 servings per day</td>
<td>Did not eat any or less than 1 serving per day</td>
</tr>
<tr>
<td>12 How many servings of non-fried vegetables did you eat per day (one serving = 1/2 cup; include potatoes)?</td>
<td>3 or more servings per day</td>
<td>1 to 2 servings per day</td>
<td>Did not eat any or less than 1 serving per day</td>
</tr>
<tr>
<td>13 How many times per week did you eat beans, split peas, or lentils (omit green beans)?</td>
<td>2 or more servings per week</td>
<td>1 serving per week</td>
<td>Did not eat any or less than 1 serving per week</td>
</tr>
<tr>
<td>14 How many servings of grains did you eat per day (one serving = 1 slice of bread, 1 oz. crackers, 1 large pancake, 1 cup cold cereal, 1/2 cup pasta, rice or noodles)?</td>
<td>6 or more servings per day</td>
<td>3 to 5 servings per day</td>
<td>2 or less servings per day</td>
</tr>
</tbody>
</table>

Add up the total number circled in each column:

**SCORING:**

Look at the total number of items you have circled in Column A:

- 12 or more ... Congratulations! Most of your choices are in Column A. You are making food choices that support your WHI nutrition goals. Keep it up!
- 11 or less ... Hmm? Many of your choices are in Columns B and C. It's time to take another look at how you can move more of your food choices into Column A.

WOMEN'S HEALTH INITIATIVE